

2025 BISA CUP TAEKWONDO CHAMPIONSHIP

LOCATION:
IMMANUEL LUTHERAN CHURCH
2913 John Moore Rd, Brandon, FL 33511

EVENT SCHEDULE

8:00 DOORS OPEN

9:00 9YR AND UNDER POOMSAE (Color & Black Belt)

10:00 9YR AND UNDER BREAKING/WEAPON (Color & Black Belt)

11:30 DEMO TEAM COMPETITIONS

12:30 PAIRS AND TEAM POOMSAE (All ages & all belts)

1:30 POWER BREAKING (All ages & all belts)

2:00 10YR AND UP POOMSAE (Color & Black Belt)

3:00 10YR AND UP BREAKING/WEAPON (Color & Black Belt)

REGISTER AT:
WWW.MARUTKD.COM

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General admission:

\$10 for 6-year-olds and up, 5 and under are free



Breaking Board:

\$4 each



Registration fees:

It starts at \$90, and each additional event is \$20.
The Breaking Board is charged separately.



Events:

1. Individual Color/Black Belt Poomsae (WT Poomsae)
2. Pair Poomsae (All ages and belts with 2 people)
3. Team Poomsae (All ages and belts with 3 people)
4. Board Breaking (Freestyle Board Breaking)
5. Power Breaking
6. Weapon (Freestyle)
7. Demo Team registration

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Individual Color/Black Belt Poomsae (WT Poomsae)

COLOR BET AGE DIVISIONS	BLACK BELT AGE DIVISIONS
4 YEARS OLD	
5 YEARS OLD	
6 YEARS OLD	
7-8 YEARS OLD	9 YEARS OLD & UNDER
9-10 YEARS OLD	10-11 YEARS OLD
11-12 YEARS OLD	12- 14 YEARS OLD
13- 14 YEARS OLD	15-17 YEARS OLD
15-17 YEARS OLD	18-32 YEARS OLD ABOVE
18 YEARS OLD & ABOVE	33 YEARS OLD & ABOVE

COLOR BET POOMSAE		BLACK BELT POOMSAE	
White	Basic ,Taeguk 1	1 Dan	Koryo
Yellow/Orange	Taeguk 1,2	2 Dan	Keumgang
Green	Taeguk 3,4	3 Dan	Taebaek
Blue/Purple	Taeguk 5,6	4 Dan	Pyong Won
Red/Brown	Taeguk 7,8	5 Dan	Sipjin

Pairs and Team Poomsae competitions are limited to the following poomsae only.

Taeguk 2	Taeguk 4	Taeguk 6	Taeguk 8
Koryo	Keumgang	Taebaek	

PAIR/TEAM POOMSAE ALL COLOR BELT PAIR POOMSAE / ALL COLOR BELT TEAM POOMSAE ALL BLACK BELT PAIR POOMSAE / ALL BLACK BELT TEAM POOMSAE, MIX AGE AND BELT TEAM POOMSAE (TROPHY FOR PAIR, TEAM POOMSAE COMPETITORS ONLY)

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Board Breaking (Freestyle Board Breaking)

Individual Board Breaking (Freestyle)

5 years and under	3 board
6 ~ 11 year old	5 board
12 years and up	7 board

Rules: No repeat techniques

Power Breaking (Hand Technology)

5 years and under	Minimum 2 boards
6 ~ 11 year old	Minimum 5 boards
12 ~17 years	Minimum 7 boards
18 years and up	Minimum 10 boards

The available techniques are knife hand, palm strike, straight punch, and hammer fist. Elbow strikes are not allowed.



Weapons

ALL WEAPONS COMPETITORS (FREESTYLE)



Demo Team Performance

Must compete in at least one individual event

Demo Time limit is 7 minutes

Minimum #of members 5, no maximum required

The size of the field is 8 × 8 mat

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Awards

Medal award

Individual Poomsae

Board Breaking (Freestyle)

Board Breaking (Freestyle)

Gold Medal

Successful breaking on FIRST ATTEMPT

Silver Medal

Successful breaking after one attempt

Bronze Medal

Breaking after more than 2 attempts

Rules: No repeat techniques

Trophy award

Pairs / Team Poomsae

Power Breaking

Demo Team (Team Trophy)